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Gold buyer hopes 'epidemic' of counterfeits ends with arrests

Fool's gold. Store owner says he's had at least 30 customers bring in similar counterfeited gold pieces since October



SHANE GIBSON

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The owner of a Winnipeg company that buys gold and other precious metals hopes the arrest of a pair of scammers this week puts an end to a spike in the amount of counterfeit gold he's seen at his store.

Mike Gupton, president of KMG Gold Recycling, told Metro Wednesday he's seen the number of fake gold rings, bracelets and necklaces brought in to his store double over the last five months.

"They all say they bought it from the trunk of a car off some guy who's with his wife," said Gupton, who said he's seen at least 30 cases since October and the duped customers always describe a similar pair of scammers. "They feed them a hard luck story ... and some people will help them out."

Police began investigating after two suspects approached a man in the 1400 block of Regent Avenue West last February offering to sell their jewelry because they were in

dire need of cash.

The victim paid \$1,500 for several pieces, but later learned the gold was counterfeit.

Police arrested a woman at a Winnipeg hotel Monday and seized a large quantity of counterfeit jewelry, and another man turned himself in Tuesday.

Elisa Caldararu, 33, and Constantine Caldararu, 34, both from Toronto, have been arrested, but police aren't linking the pair with any other incidents in Winnipeg.

Use your nose, says the pro

- **The smell test.** Mike Gupton says using your nose is a good way to determine the authenticity of gold — if your fingers smell metallic like you just touched a penny after handling the jewelry, it's probably counterfeit.
- **His best advice.** Don't buy gold from the trunk of a car.



Mike Gupton, president of KMG Gold Recycling, shows off some of the fake jewelry customers have brought into his store since October when he says a spike in counterfeits began. He hopes the arrest of a pair of alleged scammers from Toronto this week will put an end to the upsurge in fakes. SHANE GIBSON/METRO

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Motion

Study focusing on how city hall works gets squashed

A motion asking city officials to look at how governance works at city hall got the kybosh by the very committee it was meant to study.

Coun. Paula Havixbeck and Coun. Harvey Smith put forward the motion during the Feb. 27 city council meeting.

It was automatically referred to the executive policy committee, where it was "received as information" Wednesday, effectively putting it on the shelf of no further action.

"It just doesn't seem to be the will of this mayor," said Havixbeck, who spoke in delegation during the EPC meeting, referring to Mayor Sam Katz.

"It's disappointing. I was hoping we could have a look at becoming more progressive, more inclusive, so councillors could have more of a say.

"We just lag behind so far compared to other cities."

She said other Canadian municipalities employ different models of governance, ones that could have improved how things are done at city hall.

The EPC model, added Havixbeck, creates tier one and tier two councillors, those on EPC and those who are not.

"And even when you're on, you're not really heard," which Havixbeck said is how she felt in the last few months before she was removed from EPC on Jan. 30 following her votes against the operating and capital budgets.

BERNICE PONTANILLA/METRO



Coun. Paula Havixbeck
METRO



Parker Avenue resident Carla Ens discusses the executive policy committee's decision in favour of the southwest rapid transit route through her neighbourhood with Mayor Sam Katz on Wednesday. BERNICE PONTANILLA/METRO

Parker route gets EPC backing

Rapid Transit. Second phase has to go only through council now for approval



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The second phase of Winnipeg's rapid transit corridor through the Parker and Manitoba Hydro lands to the University of Manitoba received the backing of Mayor Sam Katz's powerful executive policy committee.

After listening to several delegations against the proposed location of the route during the Wednesday mor-

ning meeting, the committee chose to support the Parker route.

"There's a lot of information that people don't have access to," said Katz, referring to some of the opposition to the proposed route through Parker.

"The department made it very clear, the pros and the cons."

However, Katz said there is still room for discussion.

"I will always maintain an open mind, I actually spoke to one of the delegations, they asked me to look into a few things and I've told them I would," said Katz, who refused to reveal what those "few things" were.

Parker Avenue resident Carla Ens, who spoke in dele-

gation during the meeting and could be seen having a private chat with Katz after adjournment, said she's extremely disappointed.

"I haven't lost hope yet, though, it has to go to council and although these decisions have both been made unanimously, I think that there is a willingness to listen and if there is increased pressure, then I think that there is still a chance."

The plan now moves on to city council for debate.

The city considered several possible routes for the southwest corridor: along Pembina Highway, along the Letellier railway route, and two routes through the Parker lands, ultimately choosing the second Parker route.

Why not Letellier?

The case against the Letellier railway line route, according to Dave Wardrop, director of Winnipeg Transit:

- Not enough room for railway, rapid transit and active transportation path.
- Transit stations would need to be built, requiring more home expropriations.
- Rail line would need to be moved closer to homes.

Military. Prosecutor wants four years for Ravensdale

A military prosecutor is seeking a four-year prison sentence for a former warrant officer who led a deadly training exercise in Afghanistan.

Maj. Tony Tamburro told a sentencing hearing Wednesday that Paul Ravensdale failed to protect soldiers on a weapons range near Kandahar city three years ago. Tamburro said the soldiers trusted their superiors and never realized they were in danger.

The defence had yet to make its sentencing submission.

Ravensdale, who is now retired, was convicted last month by a court martial of four charges, including breach of duty causing death, which carries a maximum sentence of life in prison.

He was leading a test of C-19 anti-personnel mines when one misfired, killing Cpl. Josh Baker and injuring four other soldiers.

Ravensdale was convicted for ignoring safety rules that require soldiers to be at least 100 metres behind or shielded from a C-19 mine.

"(The soldiers) had the right to assume their superiors



Paul Ravensdale walks into his sentencing hearing on Tuesday morning. THE CANADIAN PRESS

would take care of them. Tragically, as we now know, they were in harm's way," Tamburro said.

A psychologist who testified earlier in the day said jailing Ravensdale would add to his depression and hurt his recovery from post-traumatic stress disorder.

Dr. Trudi Walsh said her patient, who has been working hard to get better, has had difficulty with crowds and strangers ever since his tours in Afghanistan. THE CANADIAN PRESS



'I haven't had a carb since 2004'

The Chippendales (seven of them) are coming to Winnipeg for a one-night only event at the Transcona Country Club on May 17 to raise money for the Firefighters Burn Fund. Tickets are on sale at Zerona Canada at 5-140 Meadowood Dr., or by calling 204-416-3440. Tickets will run you \$55 for general admission or \$84 for the VIP rockstar treatment. METRO/GETTY

West End

Police probe pharmacy robbery

Winnipeg police are investigating after thieves made off with several medications during a break in at a West End pharmacy early Tuesday. Officers were called to the pharmacy in the 500 block of Ellice Avenue around 3:30 a.m. where an undisclosed quantity of medications had been stolen. Police warn taking these medications can be dangerous to your health or fatal. METRO

Linden Woods

No one injured in apartment fire

A blaze at a Linden Woods area apartment block Tuesday that caused an estimated \$350,000 in damages is not considered suspicious by police. Emergency crews were called to a working fire in the building in the 100 block of Victor Lewis Drive around 1 p.m. No one was injured in the fire. METRO

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Listening Lights. Like art? Just put your lips together and blow

A new art project in Winnipeg's Exchange District could have you whistling a merry tune.

Called Listening Lights, the 3D interactive sculpture on Market Avenue reacts to people whistling.

"It's inspired by a northern legend that when one whistles, the northern lights become more intense and dance toward the whistler," administrators say in a press release. "This artwork involves 68 LED lights that react to the sound, creating a digital aurora borealis."

Listening Lights was built by

Moment Factory of Montreal.

The project is part of a \$2.5 million streetscaping program approved by the city last year. In addition to the lights, benches, bike racks, planters and waste bins will be installed.

"I believe something truly unique has been created for our city," said Brian Timmerman, executive director of the Exchange District Biz.

"I would encourage anyone to visit the Exchange and experience for themselves this innovative blend of light and colour." **METRO**



The Listening Lights on Market Avenue VIMEO SCREENSHOT



Life goes slowly back to normal after fire at Children's Hospital

Staff tend to patients in the hallways of the Children's Hospital on Wednesday after a fire broke out late Tuesday night. Ninety-two sick kids were evacuated to other parts of the hospital, but were back in their units by noon on Wednesday. No one was hurt in the fire, which caused an estimated \$1 million in damages. CONTRIBUTED



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Facebook redesign appeals to advertisers

Adbook? News feed will also include content-specific options

Facebook is expected to unveil a fresh design of its news feed Thursday, with changes said to include multiple content-specific feeds and larger advertisements.

The news feed has not significantly changed since 2006, and the long-awaited update is expected to make the social networking site more attractive to advertisers.

"It's a direct shot across the bow at Google," said IDC analyst Kevin Restivo. "Those two companies are mortal enemies and this just brings them into greater competition against each other. The battleground is

the advertising field."

At a news conference, Facebook promised to introduce a "new look for news feed."

In its current form, the news feed is a chronological stream of updates from friends, celebrities and companies that users follow, with few options to organize the content.

Facebook has been tight-lipped about its plans, but technology news site TechCrunch

reported the company will offer new ways to filter your news feed, allowing users to switch between different categories.

For example, one could click on a photos feed to see friends' Facebook and Instagram snapshots, or a redesigned music feed to see what they're listening to. A media feed, with the latest updates from news websites, could also be an option.

TORSTAR NEWS SERVICE



Facebook will be offering content-specific feeds and larger ads. GETTY IMAGES FILE

Red Chamber. Senator facing heat for expense claims, relationship



Media reports say Sen. Pierre-Hugues Boisvenu is in a romantic relationship with his aide, Isabelle Lapointe. FACEBOOK

A Quebec senator is in the spotlight over reports he is in a romantic relationship with an employee on Parliament Hill.

Conservative Sen. Pierre-Hugues Boisvenu, 64, is the latest member of the red chamber to come under scrutiny as part of the ongoing controversy surrounding expense claims.

Montreal-based newspaper La Presse reported this weekend that Boisvenu claimed more than \$20,000 in living expenses for his time spent in the Ottawa area, while claiming his primary residence is in Sherbrooke, Que.

Meanwhile, the newspaper reported Boisvenu is involved romantically with his aide, Isabelle Lapointe, a former criminal analyst who he hired to be his executive assistant, also in

charge of communications.

The relationship appears to go against rules governing the hiring of employees at the Senate of Canada, as far as they were explained to other media, but communications staff refused to state those rules when Torstar News Service asked about them Tuesday.

Neither Lapointe nor Boisvenu responded to interview requests Tuesday.

Boisvenu told La Presse his personal life has nothing to do with anyone but him.

Boisvenu also explained the allowance by saying that it is his legal permanent address until his divorce is finalized.

A Senate standing committee appeared to conclude his expense claims were legitimate. TORSTAR NEWS SERVICE

Quebec

Morgue worker fired for collecting pics of deceased

Quebec's coroner's office has confirmed the firing of an employee in the wake of a news report that a morgue worker collected pictures of dead women and children.

The chief coroner said Wednesday the employee

was dismissed last year, months after officials received a tip from a colleague and investigated.

Chief coroner Louise Nolet would not comment on a news report that the employee created a library of photos, gathered since 1995, and would look at them when his colleagues left the room. Quebec's TVA network said the employee worked at the Quebec City morgue.

THE CANADIAN PRESS



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vary depending upon type of property and location. For 2.99%, 3 year fixed rate offer, APR is 3.04%. For 3.59%, 7 year fixed rate offer, APR is 3.61%.
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True icon. Stompin' Tom leaves final message to fans just before his death

Canadian country-folk legend Stompin' Tom Connors, whose toe-tapping musical spirit and fierce patriotism established him as one of Canada's strongest cultural icons, has died. He was 77.

Connors passed away Wednesday from what a spokesperson described as "natural causes."

Brian Edwards said the musician, rarely seen without his signature black cowboy hat and stomping cowboy boots, knew his health was declining and had penned

a message for his fans a few days before his death.

In the message posted on his website, Connors says Canada kept him "inspired with its beauty, character, and spirit, driving me to keep marching on and devoted to sing about its people and places that make Canada the greatest country in the world."

Connors is survived by his wife, Lena, two sons, two daughters and several grandchildren.

THE CANADIAN PRESS



Stompin' Tom Connors died Wednesday. DARREN CALABRESE/THE CANADIAN PRESS FILE

Who'd kill a 'nice' couple?

'Senseless' deaths in Florida. Multiple suspects hunted in murder of Canadians enjoying their retirement together

More grim details emerged Wednesday about the "senseless" homicide of a "nice" Canadian couple in Florida that has left police mystified.

Rochelle Wise, 66, and David Pichosky, 71, were killed by asphyxiation in their winter home in Hallandale Beach, police say.

But why?

They had no enemies and likely didn't know their killers, police say.

Investigators believe they are looking for multiple suspects, but haven't been able to figure out any motive.

"As the details come out I believe the public will be shocked just to know how senseless this murder was," said police Chief Dwayne Flournoy.

"It angers me that some-



Murder victims: Rochelle Wise and David Pichosky had no enemies, Florida police say. COURTESY SUN SENTINEL

Quoted

"Just help us get an end to this."

Pearl Gladman, a friend, appealing for information

one came into this home and killed these two people who, (from) what we've been able to identify ... have no enemies.

"They were nice people. They were enjoying their retirement.

"They were enjoying their new marriage."

Family and friends are appealing for people to come forward with information.

Crime Stoppers USA is of-

fering a \$51,000 reward — most of it coming from an anonymous donor.

Police have received fewer than 100 tips and though the force is dedicating all the

resources it can to the case, they still need more information, said Flournoy — who appealed directly to people who may be involved but are "less culpable."

"We just need that one break or that one piece to the puzzle so that we can fill it all in," Flournoy said.

Wise's son Jamie said she had "worked hard her whole life and finally found love."

THE CANADIAN PRESS



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Normal Blood Sugar Levels <input type="checkbox"/>	High Blood Sugar <input type="checkbox"/>	Autoimmune Disorder <input type="checkbox"/>
Normal Triglyceride Levels <input type="checkbox"/>	Elevated Triglycerides <input type="checkbox"/>	Allergies <input type="checkbox"/>
	Circulatory Issues <input type="checkbox"/>	Chronic Prostatitis <input type="checkbox"/>
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* Limit one coupon per purchase. Coupon expires May 31st, 2013.

Goodbye, swirly B: Bay gets rebranded

Modern makeover.
Retailer will now be called Hudson's Bay and use updated logo

The Bay is going back to its roots under a plan to rebrand its operations with a different name and new logo. The department store retailer says it will now be called Hudson's Bay, a nod to its parent company.

A refreshed logo uses the company's name in a simple type face. The full version resurrects its corporate coat of arms, which features a shield and cross, as well as beavers, a fox and two elk.

A spokeswoman for the company says the rest of the rebranding effort will roll out over time. The new logo already has been incorporated



Top, the groovy, decades-old Bay logo recognizable to all Canadians is being replaced by the more modern and streamlined version shown underneath. The retailer will now be known as Hudson's Bay instead of The Bay. HBC

into the company's loyalty program, which will now be called Hudson's Bay Rewards.

The retailer called the reworking of its brand "a marriage between yesterday's his-

tory and tomorrow's vision."

Plans are to gradually take down The Bay signs at its retail locations, though it doesn't have a timeline for the changes. The parent company will main-

tain its logo of a flag with the letters "HBC" — for Hudson's Bay Company.

Hudson's Bay says this is its first major logo change since 1965. **THE CANADIAN PRESS**

Shell shock. Taco Bell fans hot over Cool Ranch delay

Some Taco Bell fans in the U.S. are angry after they couldn't get their hands on the chain's new tacos made with Cool Ranch Doritos shells a day early.

The fast-food chain had announced this week that it would release its highly anticipated Cool Ranch Doritos Locos Tacos in the U.S. on Wednesday, a day earlier than planned.

But then some fans began posting on the chain's Facebook page complaining their local restaurants didn't have them yet. They said they were told by local employees that the tacos wouldn't be available until Thursday.

"VERY disappointed!" one fan wrote. "Boo to you," wrote another. One fan posted a letter to the chain online, detailing how he and a friend made a trip to their local Taco Bell after midnight Wednesday to get their first taste of the new tacos. He said they ended up getting the regular Doritos Locos Tacos because they were "basically committed anyway."

Taco Bell, which is owned by Yum Brands Inc. of Louisville, Ky., apologized in a statement and said it was humbled by the overwhelming response.

The chain said it wanted to assure fans that Cool Ranch Doritos Locos Tacos will be available nationwide Thursday. It also said it was working to have all participating restaurants honour the early release for the remainder of Wednesday. **THE ASSOCIATED PRESS**



Taco Bell's Cool Ranch Doritos Locos Tacos were supposed to launch Wednesday in the U.S. TACOBELL.COM/SCREEN GRAB

Market Minute



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Natural gas: \$3.48 (-5¢)
Dow Jones: 14,296.24 (+42.47)

Landmark penalty

EU fines Microsoft for breaking pledge

The EU has fined Microsoft about \$750 million for breaking a pledge to offer personal computer users a choice of Internet browsers when they install the company's flagship Windows operating system.

The penalty imposed by the EU's executive arm, the Commission, is a first for Brussels: no company has ever failed to keep its end of a bargain with EU authorities before. The Commission's top competition regulator, Joaquin Almunia, said the fine reflected the size of the violation and the length of time it went on for. **THE ASSOCIATED PRESS**

World markets

Dow's record high boosts confidence

The Dow's new all-time high and better economic data from the U.S. propelled world markets Wednesday, with European stocks hitting a four-year high. Investors are cheered by major central banks' commitments to keep supporting growth in the world's biggest economies — the U.S., China, the 17-country eurozone, Japan and Britain. That has helped them look past political trouble in Washington, where automatic government budget cuts took effect last week. The cuts are expected to hurt U.S. economic growth. **THE ASSOCIATED PRESS**

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To see if your organization or project qualifies for a grant, visit www.jewishfoundation.org/womensendow.html.



WHOOOPS! I'M ONLY SORT OF SORRY

I'm sorry I've never said sorry.

'Sorry' has always seemed to be the hardest word, but in 2013 I've seen the error in my thinking. Between bracelet aficionado Lance Armstrong, football coach Rob Ford, and anti-shirt activist Justin Bieber, I see now that 'sorry' is the quickest, easiest path to redemption.

Whether you say 'sorry' on Twitter, to Oprah or at a staged media event, you can take your dirty laundry and stuff it in the hamper of history, even if it never actually comes clean.

You'll notice I never said that these men apologized. I only noted that they said the word 'sorry.' There's a difference.

As I understand it, perhaps naively, an apology involves admitting you were wrong, offering no excuses, and owning your mistake.

Cyclist Armstrong appeared with Oprah and said 'sorry' for using performance-enhancing drugs but also said he never considered it cheating. Oprah, a.k.a. Pope No. 3, still offered absolution and said Armstrong could be "a hero again."



HE SAYS

John Mazerolle

metronews.ca

Toronto Mayor Rob Ford, when it looked like he might lose his job, said he was sorry "to everyone who believes I should have done this differently." That's sincere in its half-heartedness, at least, though it's hard to fit on a Hallmark card.

And singer Bieber had to apologize for taking the stage at a London concert at 10:30 p.m., which is past his fan base's bedtime. It's a minor transgression to be sure, but the fact he tweeted that "there is no excuse for that" while blaming "technical issues" in the same bird-breath has me assuming he's begun the inevitable downward spiral of a teenage pop star and in eight years will look just like Keith

Richards.

Seeing that I can say 'sorry' for my misdeeds without the pain of any emotional heavy-lifting has inspired me to step up. I'm going to follow the example set by these three wise men, and soon I'll be sorry, too.

Here goes.

I'd like to say 'sorry' to my mother for stealing her Chatelaines and Redbooks when I was 11 years old so

that I might peruse them for lingerie ads and illustrated guides to breastfeeding. I'd also like to say 'sorry' to the teenage boys who found my magazine stash in the woods and, after an initial flush of excitement, loomed gravely over the pages, looking sad and whispering aloud, "Why would anyone DO this?"

With your permission, ladies and gents, I'd like to be a hero again.

Furthermore, I'd like to say 'sorry' for the times that I have dropped a half-full cup of coffee into a mall garbage can because I'd been too lazy to find a sink. I apologize sincerely to anyone who thinks I possibly could have done this differently, though I frankly don't see how.

I also apologize for when I do it in the future.

Finally, I'm sorry that I have coveted my neighbour's ox. Like, a lot. There's no excuse for that, but I've had some technical difficulties.

Phew! Wow, that really works. I feel better!

Maybe you need to say sorry, too? Perhaps you have a hard time apologizing?

Well, I challenge you to step forward and see how it feels to sort-of, kind-of, in-a-way apologize. After all, you're better safe than sorry.

No wait.

ZOOM

Look, ma: I'm upside down



Canopy reflects wharf's heritage

The crowds appear to walk upside down but on closer inspection this surreal sight is of a giant mirrored canopy.

Recently unveiled in Marseille, France, the Vieux Port pavilion — constructed by architectural firm Foster + Partners — is made of a highly polished stainless steel covering, designed to reflect the city's UNESCO

World Heritage-listed harbour.

"At last in Marseille, when you are with your children, you can take in the city's hustle and bustle — without the shopping," Gaëlle, a Marseillaise who came with her two daughters, told the newspaper Le Monde.

The cost of the project, which took one year to construct, amounted to \$60.3 million, sources say. **METRO WORLD NEWS**

Mirror image

"It's quite literally a reflection of its surroundings — its lightweight steel structure is a minimal intervention and appears as a simple silver line on the horizon."

Spencer de Grey, head of design, Foster + Partners

See for yourself

"Our approach has been to work with the climate, to create shade, but at the same time to respect the space of the harbour — just making it better."

Lord Norman Foster, British architect and head of architectural firm Foster + Partners

Clickbait

Reddit is the reigning champ of the Internet's thriving time-sink industry, providing daily bumper crops of cat pics and Good Guy Greg memes. This week, there's the irresistible Absurd Business Insider Headline Hall of Fame.

1. Nudity, Drunken Stupidity And A Jerk-Of-A 'Friend' May Cost A Startup Founder His Acquisition

2. A Guy With A Pirate Fetish is Selling His Insane Caribbean Mansion For \$35M

3. You Are Directly Related To This Rat

4. Horses Cure Internet Porn Addiction In South Korea

5. Science Explains Why It Hurts So Much To Get Hit In The Balls



Letters

RE: Thanks for the Mammaries, published March 5

I think it's really important that the issues raised by Jessica Napier be widely read and I can't think of a better place than a free, widely available and distributed community newspaper like Metro. I hope Jessica's frank and direct writing allows others to see how insane and damaging it is to focus so much attention on mere body parts.

Jesse Kelly, London, Ont.

Twitter

@metropicks asked: What makes a "real hipster"?

@theunshakable1: Hipster: someone who spends more money on one outfit than I do on my entire wardrobe just to appear homeless without a care.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

The plan: louder and dirtier

Indian Handcrafts.

Things come together for ear-piercing twosome on Civil Disobedience for Losers



BACKSTAGE PASS

Jared Story
winnipeg@metronews.ca

Barrie-based hard rock duo Indian Handcrafts turns it up and turns heads on its sophomore album, *Civil Disobedience for Losers*.

Drummer/vocalist Brandy Aikins and guitarist/vocalist Daniel Allen made such a big noise that they landed a spot on Billy Talent's upcoming coast-to-coast Canadian arena tour, hitting Winnipeg on March 28.

"Ian (D'Sa, Billy Talent's guitarist) started coming to see us every time we played in Toronto," Aikins says.

"He told us that he really likes what we're doing and then he started helping us out. He helped us get a booking agent and management and that led to us signing with Sargent House (a Los Angeles-based record label)."

Things are happening quickly for the ear-piercing pair. Aikins and Allen started Indian Handcrafts in 2009, setting out on their own after a decade of playing together in bands.

Their only real plan: make music that was louder and dirtier than their previous efforts. So far that plan is paying off.

In fact, *Civil Disobedience for Losers* was recorded in L.A. by Toshi Kasai, known for



Deafening hard rock duo Indian Handcrafts brings its blare to the Pyramid tonight. CONTRIBUTED

Tonight

- Before Indian Handcrafts rocks MTS Centre later this month, the duo plays a headlining show tonight at the Pyramid Cabaret.
- Edmonton rockers Black Mastiff open. Tickets are available at Kustom Kulture or at the door. Showtime is 9 p.m.

his work with sludge metal pioneers the Melvins.

"If you would have told us three years ago that we would have been doing that

we would have said you're crazy," Aikins says, noting that the Melvins are one of the duo's all-time favourite bands.

"It was a huge privilege and really fun. We actually got Dale Crover and Coady Willis (the Melvins' two drummers) to play on the record, which is amazing. For us, that's an amazing accomplishment."

Funnily enough, these accomplishments are happening at a time when Aikins, 31, and Allen, 36, aren't exactly desperate for fame.

"It's interesting because we spent so much time in our teens and 20s trying to be a

band, trying to play as many shows as we could and trying to get signed. Now, fast-forward to when we're in our 30s and it finally starts coming together," says Aikins.

"It's a bit of a juggling act living a grown-up life and doing this rock 'n' roll thing. Dan's got two kids and I've got a kid on the way. We've got houses and yards to maintain. We've got day jobs and all that, yet we're trying to live our teenage dreams."

2 SCENE

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Rick Roberts and Sook-Yin Lee play Jack Layton and Olivia Chow in the CBC-TV movie about the late NDP leader's life that traces his career from Toronto municipal politics to his eventual leadership of Canada's official Opposition party. HANDOUT

They know Jack — actors grilled Chow on late husband

Piecing together a life. Stars of CBC-TV movie relied on details from his wife to colour their performances

Olivia Chow says she was determined to ensure that the upcoming CBC-TV movie about late New Democratic Party leader Jack Layton offered a complete picture of her husband.

That meant succumbing to intense "grilling" by stars Rick Roberts, who plays Layton, and Sook-Yin Lee, who plays Chow — as well as executive producer Laszlo Barna, a giant in the field whose past projects have profiled Celine Dion, Shania Twain and Romeo Dallaire.

Still, there was one thing Layton's widow refused to reveal — the cancer that killed

him. Chow has never identified what exactly led to Layton's death in August 2011, and although Barna pressed her to reveal it now, she refused.

"Cancer is vicious and we decided — I decided and Jack decided — not to talk about the one that actually killed him," Chow said in a recent interview to promote the film. "We talked about prostate cancer but prostate cancer is infinitely curable. And a lot of men have prostate cancer. We don't want to inflict despair into people that have a serious cancer disease that can take you in a few weeks."

The film Jack kicks off in early 2011, about a year after Layton revealed he was diagnosed with prostate cancer.

Boasting that his health has rebounded, he embarks on a federal election campaign to lead the New Democrats to unprecedented wins, achieving

official Opposition party status for the first time in the party's 50-year history in May 2011. He died just months later at age 61.

Through flashbacks, the film traces Layton's rocky journey from Toronto municipal politics to the national stage, as well as his love affair with Chow.

"The harder part for me was piecing together (Olivia Chow's) personality," said Lee, host of CBC Radio's weekly show *Definitely Not the Opera*.

"She's a woman of few words — very few words — and even with this litany of questions that we assailed her with she would answer in a very brief (way). And I kept sending more and more questions to her and they were equally as brief. So I just had to sort of lean on my investigative ability as a journalist."

THE CANADIAN PRESS

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There's trouble in the Community

Turmoil. Cast talks about behind-the-scenes strife of the cult hit series — and what its uncertain future may hold

Nothing's certain in network television, but things have been especially uncertain on the set of *Community*, the quirky college sitcom that's been a cult favourite, but never a mainstream hit.

"Near cancellation," actress Gillian Jacobs said before a PaleyFest tribute to the series Tuesday night. "On the schedule, off the schedule. Tell us one night. We never air on that night. We lose a creator of our show. Reduced episodes. Everything that can happen has happened to us."

Cast member Chevy Chase left the series without even finishing up the current season, months after the show creator Dan Harmon was fired by Community distributor Sony Pic-



Community returned as a mid-season replacement in February — for the first time without any involvement from creator Dan Harmon. THE ASSOCIATED PRESS

tures Television. (Chase bolted with two episodes unfinished — and according to cast members, doesn't appear at all in one of them.)

"It's always tough to lose people," said actress Alison Brie. "It's very strange and weird. So I can only imagine that coming back for a fifth season without

Chevy would also be weird. But, luckily, it didn't affect us too much this season."

Community returned as a mid-season replacement in

February — for the first time without any involvement from creator Harmon.

"I think, as far as season four as a whole, I think the

Defenders of the free world

"If I had a super-wish list, it would be the biggest paintball (fight)"

Community actor Jim Rash on his ideas for a series finale

heart is still there," said actress Yvette Nicole Brown. "There's a lot of really great adventures to come. You guys haven't seen the best that this season has to offer yet, so I'm excited for you to see it."

As usual, the future of *Community* is in question. Brie said a fifth season is by no means a given. The series' latest episodes have been clobbered in the ratings by its powerhouse competition, *The Big Bang Theory*.

As for a possible series finale? "If I had a super-wish list, it would be the biggest paintball (fight)," answered actor Jim Rash — "like the world needs to be saved and only *Community* can do it. That would be a good way to end."

THE ASSOCIATED PRESS

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James Franco thinks it would be awesome if a high-profile Hollywood actor would just come out of the closet already. ALL PHOTOS GETTY IMAGES

Gay rumours partly me: Franco

James Franco is willing to admit he's at least partially responsible for any speculation about whether he's gay or straight. "One of the things that's very much part of my public image is the question of my sexuality," he tells Attitude magazine. "It's not something that bothers me

in the slightest. ... It's partly my doing and partly not my doing." But what he's really interested in is a high-profile actor coming out of the closet. "If there's somebody that was well-respected and very secure with their career, I could see it happening in a very positive way."



Which circle of hell will Tina Fey end up in for her Golden Globes jab, Taylor Swift wonders.

Taylor Swift can't take a joke

Taylor Swift is making some powerful enemies. She responded to Amy Poehler and Tina Fey's joke at her expense at January's Golden Globes ceremony. "You know, Katie Couric is one of my favourite people," Swift tells Vanity Fair. "She said to me she had heard a quote that she loved that said, 'There's a special place in hell for women who

don't help other women.'" While Fey expressed surprise at Swift's annoyance, Poehler has a response of her own: "Aw, I feel bad if she was upset," Poehler tells the Hollywood Reporter. "I am a feminist and she is a young and talented girl. That being said, I do agree I am going to hell. But for other reasons. Mostly boring tax stuff."

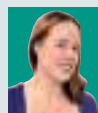
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jones was wasted when she made out with Miley's fiancé: Source



THE WORD
Dorothy Robinson
scene@metronews.ca

Rumours have been swirling around Miley Cyrus' fiancé Liam Hemsworth and Mad Men star January Jones getting "hot and heavy" at a pre-Oscar party at the Chateau Marmont in February and now Life & Style has additional dirt on the illicit hook-up.

"They went to a private house party, and right in the

middle of the party, January was clinging to Liam, saying, 'You're so handsome,'" a guest reveals in the new issue of Life & Style. "He kept saying, 'We can't do this here.' Then they left holding hands and went out in the hallway and were making out. She was wasted. It wasn't good."

For their part, the magazine has pictures of the two stars riding in a car together on the night in question. "When it comes to men, January just goes for it," another source tells the magazine. "She doesn't seem to care if they're with someone or not. It's like a challenge for her, a game."

As challenges go, drunkenly making out with Liam Hemsworth seems like an easy one. What about climbing Mount Kilimanjaro? Or staying off of Facebook for an entire week? Those are actual challenges, January.



Bizarre accusations: One of Gaga's fans claims Madonna encouraged gay men to have unprotected sex during the height of the AIDS crisis.

Little monster alleges Madonna helped spread AIDS

Lady Gaga's fans are continuing the singer's feud with Madonna whether she wants them to or not, this time even accusing the Material Girl singer of helping the spread of AIDS. In a post on the Gaga fan blog Little Monster Artpop, a Gaga fan criticizes the Gay and Lesbian Alliance Against Defamation (GLAAD) for picking Madonna to present an award to Anderson Cooper at

their awards ceremony next week. "Back in the 1980s, she encouraged gay men to have unprotected sex," read the post, which was removed shortly after garnering media attention. "While she certainly didn't start the disease, she and her lack of morals helped it spread." The post's author vowed to "strike back" in an unspecified manner if GLAAD did not choose another presenter.

Twitter



@justinbieber
Lovin London. #goodtimes



@solangeknowles
My son will be up wanting breakfast in 2 hours. What am I doing with myself?



@EmWatson
Look.I just want to know exactly what the next ten years of my life is going to look like ok? And to have it organised on a colour coordinated calendar. Is that really too much to ask?

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Landing smoothly and stylishly on the runway

Run Tilda, run.

Model Tilda Lindstam reveals her beauty tricks for fighting sugar cravings, skin breakouts and bloat

RICHARD PECKETT
life@metronews.ca

It's fashion month and the going is tough for the world's most sought-after models. How do you keep yourself feeling healthy and looking hot during this exciting but exhausting time?

"I drink a lot of green juices. I like anything with spinach, kale, celery, ginger and lemon. I can't handle too much dairy during the shows because I'm lactose intolerant. It makes me feel bloated and it's bad for my skin. I love Lindt Sea Salt chocolate, but I had to give it up. Sweet food gives me a massive sugar rush, which is inevitably followed by a crash. So during the shows, I'll snack on macadamia or brazil nuts and green apples if I need an energy boost."

1 run = 1 cheeseburger

"I do so much walking during casting season that I don't have time to workout. If I have time I go for a run, but that doesn't happen very often — maybe once every two months. And then I indulge in a cheeseburger."

Staying clear of rashes and breakouts

"I clean my face after every



In 2012, this Swedish beauty walked more spring runways than any other model — 68 in total. HANDOUT

single show. I bring my own Chanel eye makeup remover because I'm sensitive to the MAC one that they use backstage. It gives me rashes and a red face! And there's not much you can do about a blemish but cover it up with concealer and drink as much water as possible to clear your

skin out."

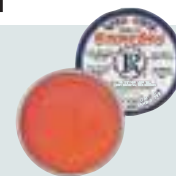
NYC to London to Milan to Paris

"I get really puffy when I fly. But drinking coconut water and taking vitamin C seems to help. I also use a cooling eye mask the morning of a show if my face is still a bit swollen."

Tilda's top 5 fashion week essentials

Rosebud Perfume Co. Smith's Rosebud Salve

"I love this!"
sephora.com



MAC Studio Finish SPF 35 Concealer

"I don't really wear makeup. This is basically all I use."
maccosmetics.com

Dermalogica: clearing skin wash and active moist moisturizer

"I have very sensitive skin and Dermalogica works really well for me."
dermalogica.com



YSL Rouge Pur Couture the Mats in Rouge Rock

"If I'm going out, I keep my makeup simple. I don't wear any eyeshadow, just a dark red YSL lipstick."
yslbeautyus.com

Chanel: Démaquillant Yeux Intense, gentle bi-phase eye makeup remover

"I take my makeup off after each show."
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SAVE OVER \$15

Cookbook of the Week

An English tradition



Inspired by the fine cuisine served at the fictional Downton Abbey and other grand English country houses at the turn of the 20th century, this book combines food, history and healthy eating.

Included are 220 recipes and colour photos that provide suggestions for entertaining at brunch, afternoon tea, cocktails and dinner. In addition, there is a selection of recipes to host a traditional garden party, and to celebrate English holidays throughout the year. **METRO**

Steady diet of Downton Abbey

Cookbook cooking.

Latest season of the show recently wrapped so to hold you over, try this inspired recipe

A roast chicken can be elegant to serve. This is a great recipe for beginners as it uses lemons to help keep the chicken moist and flavourful, Pamela Foster writes in her book *Abbey Cooks Entertain*.

Try not to knock it on the floor as Mrs. Patmore famously did in Season 1 of *Downton Abbey*, but if you do, just dust it off and carry on.

1. Clean and prepare root veg. Roughly chop into large chunks. Place in a roasting pan with a grill rack. Pour a little olive oil over vegetables, add garlic and toss in fresh herbs.

2. Remove any giblets from chicken cavity and wipe down chicken with paper towels. Rub with oil, salt and pepper. You can also rub it with other dried herbs (rosemary, thyme, herbes de Provence).

Roasted Chicken



This recipe serves three. THE CANADIAN PRESS H/O

3. Gently separate breast skin from meat on each side with your finger. Insert lemon slices and fresh herbs which will help flavour the bird. Lemon does a great job of moisturizing the chicken from the inside out. Depending on the size of the chicken, either cut the second lemon in half, or prick lemon all over and stuff

it into the cavity. Tuck wings under the back, but there's no need to truss it (tie the legs together). Place, uncovered, in a 190 C (375 F) oven.

4. As a general rule, calculate a cooking time of 20 minutes per 500 g (1 lb) of meat. The temperature of the chicken needs to reach 74 to 77 C (165

to 170 F) when a meat thermometer is placed in the thickest part of the meat, avoiding any bones. If you don't have a thermometer, the juices should run clear when you poke into the thigh.

5. When chicken is cooked, let it rest for 20 minutes to let juices settle into meat. If you cut it too soon, you will see all the flavour on your cutting board. Remove from roasting pan, cover with tinfoil and get your table setting ready. Carve chicken and serve with roasted vegetables. **THE CANADIAN PRESS/ ABBEY COOKS ENTERTAIN BY PAMELA FOSTER (PAMELA POWERED INC., 2012)**

Ingredients

- Each 3 carrots, 3 parsnips, 3 potatoes, 1 onion
- Extra-virgin olive oil
- 2 garlic cloves
- Fresh herbs: rosemary, sage, thyme, flat-leaf parsley
- 1 whole chicken (1.5 kg/3 lb)
- Kosher salt and pepper
- Dried herbs of your choice (optional)
- 2 lemons (one thinly sliced)

Appy. Asparagus Salad with Saffron Vinaigrette



limp. Drain and run spears under cold water until cooled. Drain and set aside while you prepare dressing.

3. In bowl, stir saffron into 5 ml (1 tsp) boiling water. Let stand 2 minutes or until saffron softens. Stir in vinegar, mustard and sugar. Whisk in olive oil. Season mixture with salt and pepper. Add asparagus and diced pepper and toss gently to coat with vinaigrette.

4. Line a platter with salad greens and arrange asparagus mixture decoratively on top. **THE CANADIAN PRESS/ ABBEY COOKS ENTERTAIN BY PAMELA FOSTER (PAMELA POWERED INC., 2012)**

Ingredients

- 500 g (1 lb) asparagus
- 1 ml (1/4 tsp) saffron threads
- 22 ml (1 1/2 tbsp) white wine vinegar
- 2 ml (1/2 tsp) Dijon-style mustard
- Pinch of sugar
- 45 ml (3 tbsp) extra-virgin olive oil
- Salt and pepper, to taste
- 1/2 sweet red pepper, diced
- Salad greens, for garnish

This classic salad was served in first class on the Titanic, and to the servants at a special occasion in Season 3 of *Downton Abbey*.

1. Snap off woody ends of asparagus at a natural breaking point. Save ends for stock pot.

2. In pot of boiling water, cook asparagus spears 5 minutes or until tender but not

Just the sweet stuff

Strawberry Chocolate Russe



This recipe serves four to six. THE CANADIAN PRESS HANDOUT

Charlotte Russe is a French dessert made with ladyfingers and filled with a fruit-flavoured cream filling set with gelatin, a favourite ingredient in Edwardian cookery.

The show-stopper has made the odd cameo appearance on *Downton Abbey*.

In Season 3, Ethel, who formerly worked at *Downton Abbey* and fell on hard times, is retained as Isobel Crawley's housemaid. When Mrs. Bird, the cook, quit, Ethel had to cook as well. She got some help from Mrs. Patmore to create the simple Russe.

1. Clean and set out 4 to 6 individual charlotte moulds. No

Ingredients

- 25 ml (5 tsp) gelatin powder
- 175 ml (3/4 cup) sugar or sugar substitute, divided
- 500 ml (2 cups) strawberry purée (about 300 ml/1 1/4 cups strawberries, mashed), divided
- 375 ml (1 1/2 cups) whipping cream, whipped soft
- 375 ml (1 1/2 cups) non-fat plain yogurt, plus extra for garnish
- Ladyfingers
- 250 to 500 ml (1 to 2 cups) sliced berries

moulds? Improvise with large soup cans, both ends removed.

2. In bowl, mix gelatin powder with 30 ml (2 tbsp) of the sugar. In a saucepan, warm 250 ml (1 cup) of strawberry purée with remaining sugar. Mix gelatin-sugar mixture into warm strawberry purée, mixing well to prevent any lumps from forming. Add in remaining strawberry purée and let mix cool.

3. Fold in one-third of whipped cream and then remaining whipped cream and yogurt.

4. Carefully trim ladyfingers into 7.5-cm (3-inch) lengths. Ends can be used in the base. Stand ladyfingers on end with

rounded side out and rounded edge up, and carefully line inside of each mould, ensuring there are no gaps. Place scrap pieces inside to create base.

5. Gently pour or spoon filling into moulds. If desired, you could add a layer of chopped sliced berries in the middle and then add more filling to the top.

6. Refrigerate charlotte for at least 3 or 4 hours. Filling will be solid so you should be able to easily, but gently, wiggle the mould away from the charlotte. Garnish with fresh berries and a dollop of non-fat strained yogurt. **THE CANADIAN PRESS/ ABBEY COOKS ENTERTAIN BY PAMELA FOSTER (PAMELA POWERED INC., 2012)**

Cook live with Vikram Vij

Last-minute grocery list

Winning chef in Vancouver and Metro want to help you find time for family meals. Our mission starts in the form of Canada's first live online cooking show to air today at 6 p.m. ET at metronews.ca/vij-cooklive.

If you still haven't downloaded the grocery list, we've got you covered.

Vij Family's Chicken Curry

- 1/2 cup canola oil
- 2 cups finely chopped onions (2 large)
- 3-inch stick of cinnamon
- 3 tbsp finely chopped garlic
- 2 tbsp chopped ginger
- 2 cups chopped tomatoes (2 large)
- 1 tbsp salt
- 1/2 tsp ground black pepper
- 1 tsp turmeric
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp garam masala
- 1/2 tsp ground cayenne pepper
- 3 lbs chicken thighs, bone in
- 1 cup sour cream, stirred
- 2 cups water
- 1/2 cup chopped cilantro (including stems)

Cumin Basmati Rice

- 2 cups basmati rice
- 3 cups cold water for soaking
- 1/4 cup canola oil
- 1 tbsp cumin seeds
- 1 cup finely chopped onions (1 medium-large)
- 3 3/4 cups water for cooking

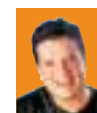
• **Have a question?** They can be tweeted live during the show using the hashtag #vijcooklive.

• **Online.** Remember to visit metronews.ca/vij-cooklive today at 6 p.m. ET for Canada's first live online cooking show.



Seasonal designer deals

Throughout the year sales are almost guaranteed when clearing out old stock and bringing in new items. But knowing exactly when old stock is being discounted is the key to saving money on large ticket items. Everyone knows the best time to buy a winter coat is at the end of winter, and buying a snowmobile in the middle of summer can get you the best deal. But what about those home-related items we all need? Here's a list of some big savings you should expect over the next month or two.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



Chinaware and flatware

Spring is when new tabletop designs are introduced (just in time for June weddings). Older china and flatware patterns go on sale to make room for the new stuff.

Tip: If you have a great collection already, look for pieces to complete your set on sale. If investing in new tableware, keep the colours neutral so that the look stays current for a long time.

Perfume

The two biggest times for perfume sales is Valentine's Day and Mother's Day, so those in-between months is when perfume companies love to have promotions.

Tip: Perfume keeps for a very long time. Consider buying as Christmas gifts.



Luggage

Many travel throughout the summer and just before that time is when new luggage styles are introduced. Look to the early spring for retailers clearing out old styles.

Tip: The full set deals are the most economical. Shop with a friend and split up the set.



Houses & condos

April is when most homes get listed for sale. That means the best selection and often the best competitive prices you will see. If you wait until the summer months you will find either the less desirable homes that haven't sold yet or a very limited choice on the market. **Tip:** Don't underestimate the potential of a less expensive place and adding some custom upgrades yourself. You'll then have exactly what you wanted without spending any more money.

"Off-season" shopping

1 Do your research. When it comes to technology, things move quickly. Find out what features will be new in 2013 and see if any of them may have been introduced on last year's models.

2 Buy in full sets. Whether it be buying luggage, china, bedding or cookware, purchasing the entire set will generally reap larger savings overall.

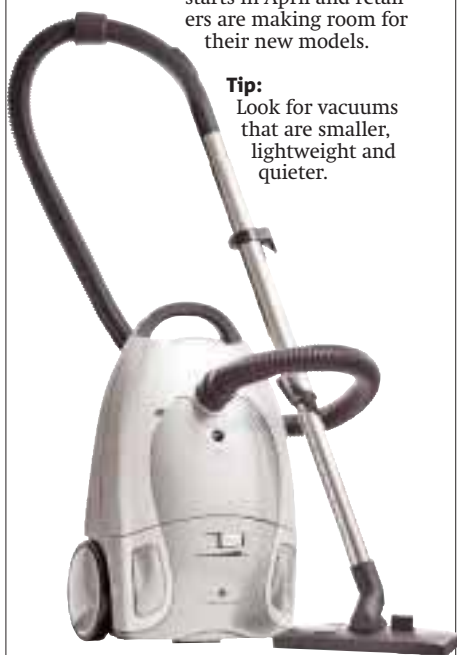
3 Keep things neutral. A simpler colour will tend to last a lot longer than last year's trendiest colour.

4 Buy ahead of the game. Purchasing perfume for a friend's future birthday gift, tableware as a wedding gift or a television prior to your renovation will allow you to save money on something you inevitably would be buying anyway.

Vacuum cleaners

Spring cleaning time starts in April and retailers are making room for their new models.

Tip: Look for vacuums that are smaller, lightweight and quieter.



Televisions

The biggest time for television sales is the fall and early winter. After Christmas there isn't much promise for selling televisions as we start thinking about spring/summer activities, so retailers are trying to get rid of the 2012/early 2013 models.

Tip: Buy your television ahead of a family room renovation and keep it boxed until the reno is finished.

Cookware

Not a lot of pot/pan sales happen until fall, when retailers often have great incentives to purchase full sets.

Tip: Fall is a great time to purchase some as a wedding gift or for a second set for a cottage and buying a full 10-piece boxed set will usually offer up the best value overall.



Host Jeremy Sham of the new series *Made in Milwaukee*. HANDOUT

Creative concepts help add comfort and function to your home

DIY ideas. Bringing in your own artistic flair may be just what your family room needs

Creating a space you want to live in doesn't have to be boring. Get inspired by new series *Made in Milwaukee*, where Jeremy Sham and his team don't just renovate rooms but create original works of art.

It can be tough to get design inspiration for a family room because they tend to always be messy — full of clutter and people. However, that doesn't have to be the

case with these fun ideas:

Organization

Create stations within the room to keep mess and clutter in one spot for easy clean-up, while keeping an area sectioned off for the adults. Add a large television shelving unit to put your movies and collections on display.

You can get creative with your shelving options — such as re-using hardwood flooring for durable shelves, or plexiglass shelving where items will appear as if they're floating.

Walls

Breathe life into your family room with paint.

Opt for an ombré wall getting lighter with the colour as the paint gets closer to the ceiling, which creates the illusion of high ceilings.

Painting one wall in the room a bright color or applying a dramatic wall paper design can add an artsy element to the room. Magnetic paint is a kid friendly and fun option. Simply paint over the current wall color and let dry, then stick and unstick to your heart's content.

Another unique idea to consider for your children's entertainment is a chalkboard wall or chalkboard table top. Chalkboard paint is easily accessible and has the same

application process as regular paint.

Décor

3D wall art is a popular trend with endless options such as stickers, plastic flowers and butterflies, and even dinosaur heads.

Arrange the 3D butterflies and flowers in an eye-engaging design and you will feel as if you're at an art gallery.

Next time you're considering renovating your dingy family room, think originality not ordinary. Both you and your family will thank you for it.

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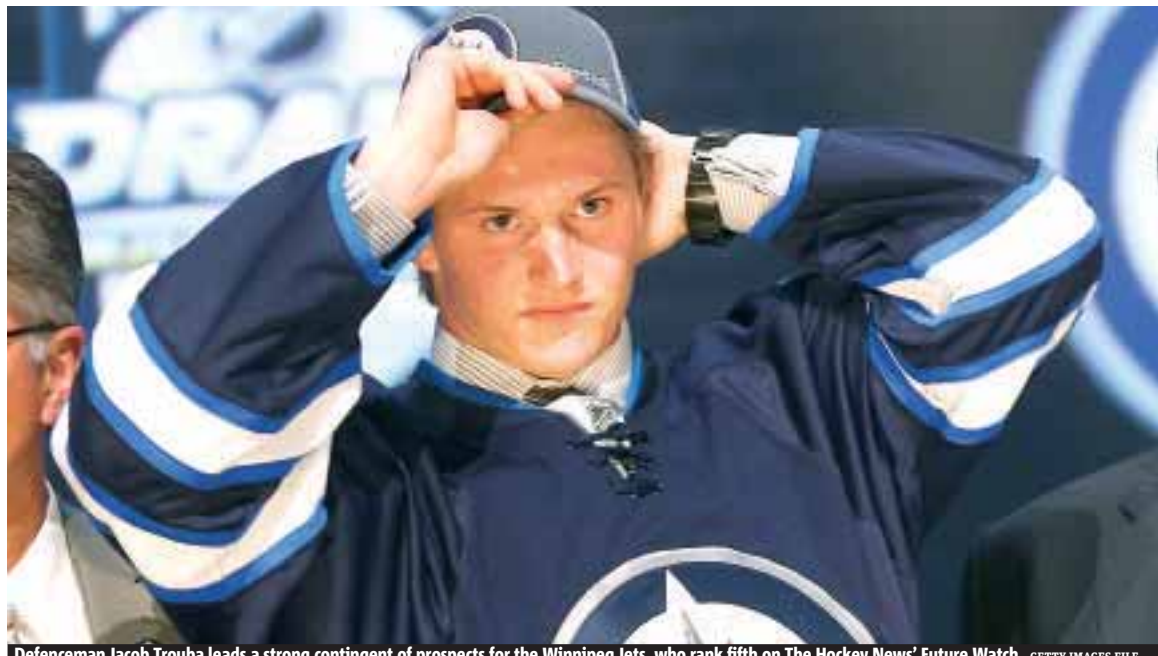
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Defenceman Jacob Trouba leads a strong contingent of prospects for the Winnipeg Jets, who rank fifth on The Hockey News' Future Watch. GETTY IMAGES FILE

Jets fans anticipate flight of prospects



THE HOCKEY NEWS
Rory Boylen
winipeg@metronews.ca

While the NHL team is struggling to find consistency, coming off a dreadful showing in Florida, Winnipeg Jets fans can at least still get excited for the future.

And we're not talking about the young talents already on the pro roster. THN's anticipated annual Future Watch edition is out and the Jets moved from having the ninth-ranked prospect pool to fifth this season.

Leading the charge is de-

fenceman Jacob Trouba, who was ranked as the 10th-best prospect across the league by a panel of 15 NHL head scouts and GMs. While his skating and shooting are already at an elite level, Trouba has also shown in the NCAA and at the world junior championship this season that he can play with a physical edge.

He was a leader on the American gold-medal entry at the WJC and less than nine months after being picked ninth overall at the NHL draft, Trouba got the nod in our rankings over higher picks Griffin Reinhart, Morgan Rielly, Hampus Lindholm, Matt Dumba and Derrick Pouliot.

Winnipeg is one of four teams that have two prospects ranked in our top 20, with Edmonton, Ottawa and Anaheim the others. Ranked No. 14, Mark Scheifele still needs to add weight to be an effective NHL centre at his size, but in time that will inevitably come. He was a leader on Canada's WJC entry and has been a force with the OHL's Barrie Colts before and after his brief stint with the Jets and sits 17th in OHL scoring at 68 points, despite playing only 40 games — a distinctly smaller number than those players around him in league scoring.

Two of the Jets' remaining three in their team's top five

have spent time with the NHL squad this season. Paul Postma has been good enough in his rookie season to open up trade options on the back end to try and improve Winnipeg's forward unit, whether he's the one being traded out or not. Zach Redmond (ranked No. 5 on the Jets), got a shot at the NHL and looked good before a gruesome injury in practice took him out of action.

And finally, ranked No. 4 in the organization, Patrice Cormier remains a factor because of his size. Injuries have taken a toll on the 22-year-old and appear to be the biggest challenge between him and the NHL.

CFL

Bombers sign son of Hall of Famer

The Winnipeg Blue Bombers are hoping like father, like son.

The CFL club signed rookie punter Brett Cameron on Wednesday. The 22-year-old Cameron is the son of Bob Cameron, who spent 23 seasons as Winnipeg's punter before being inducted into the Canadian Football Hall of Fame in 2010.

The six-foot-one, 194-pound Brett Cameron played his high school football in Winnipeg before spending four seasons at the University of North Dakota.

Brett Cameron played three seasons at North Dakota and his 40.6-yard average leaves him tied for the second-best mark in school history. He posted a career-best 42.1-yard average as a senior.

THE CANADIAN PRESS

MMA

Shields picked to fight The Chosen One at UFC 161

Former Strikeforce champion Jake Shields will face highly rated welterweight Tyron "The Chosen One" Woodley at UFC 161 in Winnipeg on June 15.

Heavyweight Pat "HD" Barry, meanwhile, will take on former LSU fullback Shawn "The Savage" Jordan.

Previously announced matches include interim bantamweight champion Renan Barao taking on Eddie Wineland in the main event and Dan Henderson meeting former light-heavyweight champion Rashad Evans.

THE CANADIAN PRESS

Curlers keeping things warm on ice



Northern Ontario skip Brad Jacobs warms up prior to a match at the Brier in Edmonton on Monday.

THE CANADIAN PRESS

Pre-game routines at the Canadian men's curling championship now resemble a yoga class.

There's less standing around leaning on brooms these days and more contorting on the carpet surrounding the ice at Rexall Place.

There are exercise bikes underneath the stands that the curlers use to get the blood flowing before they start stretching.

"There's a lot more science in the game," said Manitoba third Jon Mead, whose rink sat

at 5-1 after Wednesday's afternoon draw.

"Guys are in way better shape than they used to be and that comes with good physical habits and that includes stretching before and after workouts, never mind before and after games.

"Guys absolutely do things much more scientifically because they understand how to get their bodies ready leading up to a competition and during a competition for sure."

Curling puts unusual de-

Quoted

"I'd pull a muscle for sure.... I used to do it in junior all the time."

Ontario lead Craig Savill on the importance of warming up before a curling match

mands on the body. The athletes drop into a lunge several times a day not just at the Tim Hortons Brier, but over the course of a season. That requires both strength and flexibility in hips

and knees. And who sweeps their floor that hard?

"We're getting in a pretty unnatural position in our slide and the guys are doing a pretty unnatural thing in sweeping," said Newfoundland and Labrador skip Brad Gushue, who won his seventh in a row to open the Brier against the Northwest Territories on Wednesday.

"You could really hurt yourself if you don't do that warm up, especially with the amount we practise and throw."

THE CANADIAN PRESS



Horoscopes

♈ Aries

March 21 - April 20

Don't worry too much if your thoughts take you in directions you would not want to admit to in public. Think before you turn thoughts into deeds though.

♉ Taurus

April 21 - May 21

Someone you meet today will instantly attract you. It could be the start of a life-long friendship or even a passionate romantic liaison. Either way it's going to be a lot of fun — and that's good.

♊ Gemini

May 22 - June 21

You may be tempted to tell the world your plans but with Mercury, your ruler, still moving retrograde that might not be such a good idea. Only let those you really trust know what you are up to.

♋ Cancer

June 22 - July 23

You will see some strange things today but don't take any of it seriously. Maintain a detached attitude, even though there may be times when you want to bang a few heads together.

♌ Leo

July 24 - Aug. 23

There is no telling what spur-of-the-moment decisions you will make over the next 24 hours, but you will certainly do something out of the ordinary. Try though to look ahead and see what the consequences might be.

♍ Virgo

Aug. 24 - Sept. 23

You could easily impose your will on other people today but is that such a good idea? A little bit of thought should help you see that if you come on too strong you'll lose.

♎ Libra

Sept. 24 - Oct. 23

Do you let your heart rule your head today? It might be a smart idea as with mind planet Mercury still moving retrograde your thoughts may be all over the place. What does your inner voice tell you?

♏ Scorpio

Oct. 24 - Nov. 22

There is no point trying to coerce people whose worldview is completely different to your own. All that does is make them oppose you even more. Accept that you see things differently.

♐ Sagittarius

Nov. 23 - Dec. 21

There is a danger that you will bounce back and forth between two extremes today. It may not bother you much but it could turn important people against you, so think before you act.

♑ Capricorn

Dec. 22 - Jan. 20

Even if you disagree strongly with what loved ones are up to right now, you are advised to gloss over the fact and stay on good terms. It gives you a bargaining chip for later.

♒ Aquarius

Jan. 21 - Feb. 19

Feelings will be running high today and you may wish you could switch off the world. So why don't you? While everyone else is busy arguing you can sneak off.

♓ Pisces

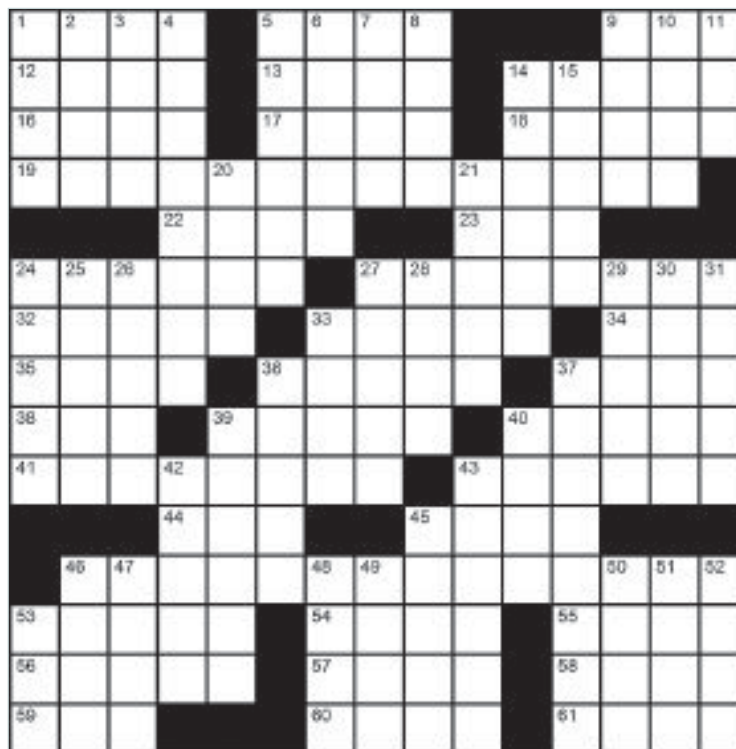
Feb. 20 - March 20

A relationship may be going through a tough time but don't give up on it. Love planet Venus in your sign links to both Saturn and Pluto today, which means you are nowhere near the end of the road yet. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Eddie Cochran's "___ Everybody"
- Fuel additives at Indy
- Gore and Biden, e.g.
- Two notes to follow Do
- Road type
- Town ___ (News-giver of yore)
- ___ instant (Quickly): 2 wds.
- Toward shelter (Sailing term)
- Moms of cousins
- "Break It to Them Gently" singer/song-writer: 2 wds.
- Hosp. readouts
- Mr. Garfunkel
- Purple dinosaur
- Vancouver-born actor Ryan
- "She's ___" by Tom Jones
- Shoe parts
- Cool, retro-style
- Intl. alliance created in 1949
- "You've Got Mail" recipient
- Ceremonial staff
- Nice summer?
- Gwyneth's "Shakespeare in Love" (1998) role
- Stone worker
- Sittings
- Actor Mr. Depardieu
- 'Mich' add-on (Mr. Douglas)
- Very: French
- "The Safety Dance" group: 3 wds.



- Potato pancake
- 1994 Pulp album: ___ '___' Hers
- Actress Jessica
- "Drive ___" by The Beatles: 2 wds.
- Don't give ___ (Care less)
- TV producer Norman

- Refusals
- Telegram
- Ms. Flynn Boyle

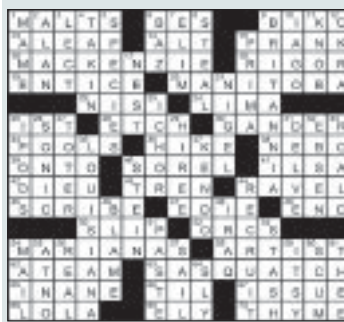
Down

- House, hip-style
- Restaurant dish lister
- Actor Mr. Epps
- Big name in video

- games
- Like 'groovy' for 'great'
- Powders
- Tire: French
- Appear
- Actor Mr. Rhames
- Dogs and cats
- Lon Chaney and Douglas Fairbanks, e.g., to

- their sons
- Terrier dogs from Scotland
- "___ You" by Bryan Adams
- ___-dokey
- Singer/guitarist John
- Scourges
- Having wings
- Appraises
- Breadbasket items
- Zeno of ___ (Ancient Greek philosopher)
- ___ Apso (Dog from Tibet)
- Designer's talent
- Fork out
- Shortly
- Garlic sauce
- Amanda ___ ("Let It Rain" singer from Toronto)
- TV show fan
- "___ the Parents" (2000)
- Coffee brand
- '90s music genre
- "___, with Love" (1967)
- Deli dressing
- And so on, plurally [abbr.]
- Get out the freezeze
- ___-___ (Sound system)
- Epithet for Athena
- Skier's up-the-slopes ride
- Ms. Gilbert
- K-O link

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: -4°
MIN: -14°

FRIDAY



MAX: -4°
MIN: -10°

SATURDAY



MAX: -5°
MIN: -11°



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